

# Leg Exercises

## Heel Raises



Start with arm supported standing position. Slowly rise upward onto your toes.  
Repeat \_\_\_\_\_ times. Repeat \_\_\_\_\_ times per day.

\*Progress to performing with single leg as indicated.

## Side lying and Supine Straight Leg Lifts



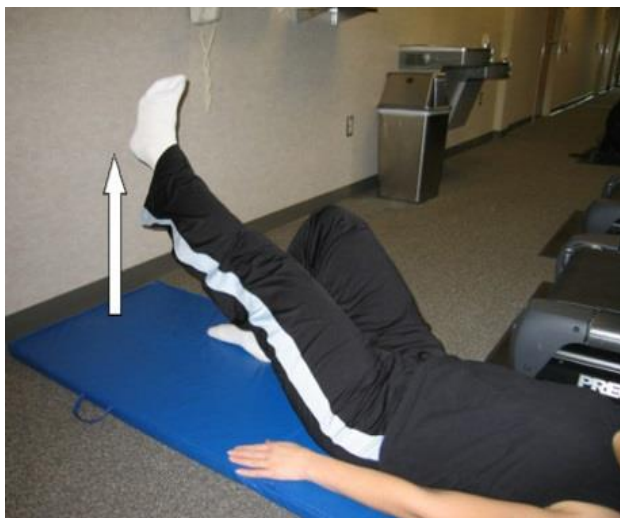
Lie on uninvolved side. Raise involved leg straight up in the air.  
Perform \_\_\_\_\_ repetitions Repeat \_\_\_\_\_ times/day



Lie on belly. A small pillow can be placed under pelvis for comfort. While keeping the knee straight, raise leg straight up in the air so that the thigh lifts off the table.

Perform \_\_\_\_\_ repetitions Repeat \_\_\_\_\_ times/day

## Supine Straight Leg Raise and Supine Straight Leg Raise with External Rotation



Bend uninvolved knee. Keep involved knee straight. Tighten muscle on top of involved thigh and lift leg as high as the bent knee. Can also perform exercise with the foot turned outward.

## Supine Heel Slides with Ball on Wall



Place feet on the ball, roll ball up and down the wall by bending and straightening your knees. Try to be smooth with motion and maintain control.

Perform \_\_\_\_ repetitions. Repeat \_\_\_\_ times per day.

Hip Flexor Stretch



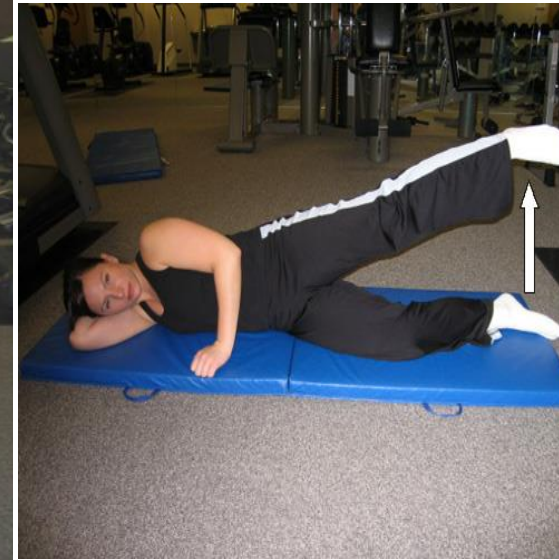
Place knee on bench/chair. Keep the leg you are standing on in front of the knee on the bench and bend knee slightly. Lean forward at your hips. Make sure you don't bend at the waist.

Isometric Hip Abduction



Stand with the lower part of your lateral thigh touching the wall. Bend knee. Push thigh outward into the wall.

Prone Leg Lifts



Lie on uninvolved side. Raise involved leg straight up in the air.



Sit with involved leg out straight.



Reach forward toward your ankle.



You should feel the stretch in your hamstring.

Ilio-tibial Band Stretch: 2 reps, 30 sec hold, 1 set



Stand with your involved side next to a wall.



Cross your un-involved leg in front.



Lean your hip into the wall.

Quadriceps Stretch in Standing: 2 reps, 30 sec hold, 1 set



Stand near chair for balance.



Bend your involved knee and grasp at the ankle. Keep your body upright and hips straight.



Quad Set in Slight Flexion: 10 reps, 1 set



Place a towel roll under your knee.



Tighten your thigh. Keep your knee straight.



Relax your thigh and repeat the contraction.

Straight Leg Raise in Supine: 10 reps, 1 set



Lie on your back. Bend you un-involved leg.



Raise leg keeping knee straight and toes up.



Raise up until you leg is even with the bent knee.